



Y1 D.T. – Sandwiches

Sandwiches

A sandwich is an item of food with fillings in between at least two pieces of bread.

There are many different types of sandwich and types of bread.

There are five main food groups: fruit and vegetables, carbohydrates, proteins, dairy and fats and sugars.

To stay healthy it is important that we eat a balanced diet of foods from each of the five food groups.

Vocabulary	
Balanced Diet	A diet consisting of different foods.
Bread	Food made from flour, water and yeast mixed together and baked.
Chop	To cut something into pieces.
Cut	To divide into pieces using a knife.
Diet	The food and drink usually eaten or drank by a person.
Grate	To reduce an object into small shreds
Ingredients	The food items put together to make a particular dish
Peel	To remove the outer coverings or skin on fruit or vegetables
Sandwich	An item of food with two or more pieces of bread with fillings in the middle.
Slice	A flat or thin piece of food that has been cut from a larger piece.

Types of Sandwich



Types of Bread

